

## Preschool Meal Pattern

### Breakfast – Serve all three components for a reimbursable meal (no Offer vs Serve)

Food Components and Food Items	Ages 3-5
<b>Fluid Milk<sup>1</sup></b>	6 fl oz
<b>Vegetables, fruits, or portions of both<sup>2</sup></b>	½ cup
<b>Grains (oz eq)<sup>3,4,5</sup></b>	
Whole grain-rich or enriched bread	½ oz eq
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ oz eq
Whole grain-rich, enriched or fortified cooked breakfast cereal <sup>8</sup> , cereal grain, and/or pasta	¼ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>8</sup>	
Flakes or rounds	½ cup
Puffed cereal	¾ cup
Granola	1/8 cup

### Lunch – Serve all five components for a reimbursable meal. (no Offer vs Serve)

Food Components and Food Items	Ages 3-5
<b>Fluid Milk<sup>1</sup></b>	6 fl oz
<b>Meat/Meat alternates</b>	
Lean meat, poultry, or fish	1 ½ ounce
Tofu, soy product, or alternate protein products	1 ½ ounce
Cheese	1 ½ ounce
Large egg	¾
Cooked dry beans or peas	3/8 cup
Peanut butter or soy nut butter or other nut or seed butters	3 tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>6</sup>	6 ounces or ¾ cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	¾ ounce = 50%
<b>Vegetables<sup>2</sup></b>	¼ cup
<b>Fruits<sup>7</sup></b>	¼ cup
<b>Grains (oz eq)<sup>3</sup></b>	
Whole grain-rich or enriched bread	½ oz eq
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ oz eq
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	¼ cup

**Note: All serving sizes are minimum quantities of the food components that are required to be served.**

<sup>1</sup> Must be **unflavored** low-fat (1 percent) or **unflavored fat-free (skim)** milk for children two through five years old.

<sup>2</sup> Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal per day.

<sup>3</sup> **Grain-based desserts do not count towards meeting the grains requirement.** At least one serving per day, across all eating occasions, must be whole grain-rich.

<sup>4</sup> Breakfast cereals must contain no more than **6 grams of sugar** per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

<sup>5</sup> For Breakfast, meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

<sup>6</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>7</sup> A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch, two different kinds of vegetables must be served.